# Friendship Heights VILLAGE, NFWS

APRIL 2016 301-656-2797 VOLUME 31, NO. 4

John Eaton Concert, page 14

### **Exploring the African Economy**

Former Ambassador Herman Cohen discusses development and democracy on the continent

Ambassador (ret.) Herman J. Cohen will present a lecture titled "The African Economic Miracle: Myth or Reality" at the Village Center on **Thursday, April 28, at 7:30 p.m.** He will take a look at what has helped and what has hindered economic development and democracy in Africa and ask why, despite access to vast natural resources and decades of international development aid, so many African governments have failed to keep the promises made to their people since the end of colonialism.

Ambassador Cohen, a retired career diplomat and specialist in African and European affairs, is president of Cohen and Woods International, a consulting firm that provides strategic planning services to African governments, and multinational corporations doing business in Africa. His last position prior to retirement from the US Foreign Service in 1993



was Assistant Secretary of State for African Affairs under President George H. W. Bush. During his 38year career, he served in five African countries and twice in France. Ambassador Cohen has received many honors and awards including the French Legion of Honor. He is a member of the Council on Foreign Relations and the American Academy of Diplomacy. He is also the author of The Mind Of The African Strongman: Conversations with Dictators, Statesmen, and Father Figures. Copies of his book will be for sale. Please sign up by calling 301-656-2797.

# The Center's turning 30!

Celebrate with barbeque and banjos!

Join your friends, family and neighbors as Friendship Heights celebrates Community Day at the Village Center on **Wednesday, April 13, from 6:30 to 8 p.m.** During this year's celebration of the 30<sup>th</sup> anniversary of the opening of the Village Center, we'll feast on delicious barbeque and listen to great music. Famous Dave's will provide two different types of barbeque —chicken and beef— with all the fixin's. In addition, the Mountain Fever Band will entertain us with bluegrass, Americana and folk music.



### Another chance for a voting demo!

Did you know that a registered 17-year-old may vote in the Primary Election, provided the individual will be 18 on or before General Election? No matter your age, all are invited to drop in at the Village Center on **Tuesday, April 5**, **between 3:30 and 5:30 p.m.**, for a



demonstration of the new paperbased voting system in the County. In addition, citizens who are registered to vote will have the opportunity to sign up to serve as an election judge.

And new voters will have a chance to register (be sure to bring a valid Md. driver's license or ID card).

Note: April 5 is the last day to register for the primary. For more details, go to www.777vote.org.

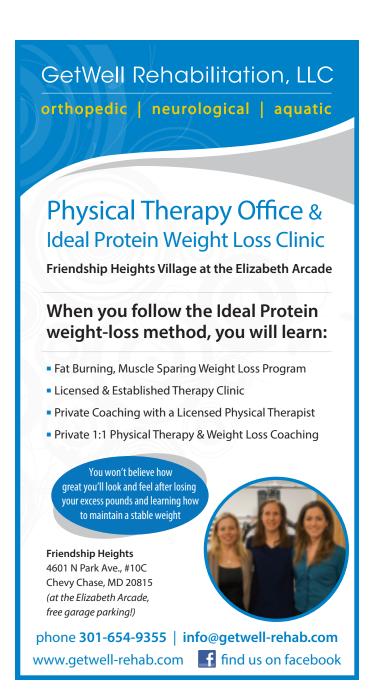
### Saturday Workshop on how to start a craft business

Learn the basics and beyond on how to start making money from your craft during a three-hour workshop Saturday, May 14, from 9:30 a.m. to 12:30 p.m. at the Village Center.

The workshop, taught by Penelope Diamante of Beadazzled, a bead business with locations in Dupont Circle and Falls Church, is designed for bead artists, but almost all the material covered will be equally useful for any maker who wants to sell his or her work. This session helps you define and describe your work and your target market or dream customers. This exercise will focus your efforts to discover your niche and guide your marketing efforts. You'll also learn how to stay out of trouble with the tax and legal authorities by properly registering

your business with just two simple forms. Penelope will also discuss how to choose, register and protect your trade name. You'll get practical tips on how to manage your time, your studio space, and your inventory, and more to get started on the road to a successful small business. Bring your questions, examples of your work, or anything else you want to share or get feedback on. Penny Diamanti has been successfully selling her jewelry in many different kinds of venues for decades and shares hands-on experience with all aspects of running a thriving handmade business.

The cost of the workshop is \$39. Sign up at the Village Center by May 8. The minimum number of students is 6; maximum is 15. The minimum age is 13.





www.friendshipheightsmd.gov Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

### **ADVERTISING**

The deadline for reserving space for the May issue is April 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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### FRIENDSHIP HEIGHTS VILLAGE COUNCIL

Melanie Rose White Kathleen Cooper Mayor **Treasurer** John R. Mertens **David Lewis** Chairman **Parliamentarian** Michael J. Dorsey Clara M. Lovett Vice Chairman

Historian Paula Durbin

VILLAGE MANAGER Julian P. Mansfield Secretary

# Village Council Update

### Melanie White selected as mayor

Following Clara Lovett's resignation as mayor on February 8, the Council selected Melanie White as mayor at the March 14 public meeting. Melanie had served as mayor from 2001 to 2015 and was currently serving as historian. Congratulations Mayor White!



### Nominees sought for Scull award

This year, for the first time, the Council is opening nominations for the Elizabeth Scull Outstanding Community Service Award to the entire community. The Council will consider nominations and make a final decision at the May 9 Council meeting. Please forward the names of any suggested nominees to Julian Mansfield, Village Manager, at jmansfield@friendshipheightsmd.gov, or call 301-656-2797. You can nominate an individual or a group for the award.

# **Presentation on proposed changes to Chevy Chase Center**

Come to the Center on Thursday, April 7, at 6:15 p.m.,



(just before our movie showing of The Big Short), for a presentation on proposed changes to the Chevy Chase Center. The Chevy Chase Land Company will be seeking approval of site plan amendments from the county. The company is respositioning and rebranding the commercial property. Miti Figueredo, Vice President of the Chevy Chase Land Company, will discuss the

proposed changes and answer questions. Feel free to stay for the movie and popcorn.

# **Community Advisory Committee meets** with expanded membership

The Community Advisory Committee met on March 16 for the first time since the committee was expanded. The

# 502 MARYLAND RESIDENT INCOME TAX RETURN

	OR FISCAL YEAR BEGINNING	2012, E	NDING		
Ink Only	Social Security number  Your First Name		curity number		
Using Blue or Black In	Your First Name  Spouse's First Name  Last Name  Present Addres				
	City or Town	State	ZIP code		
Print (	Name of county and incorporated city, town or special taxing area in which you resided on the last day of the taxable period. (See Instruction 6)	Maryland County Montg.	City, Town, or Taxing Area Friendship Hts		
	FILING STATUS See Instruction 1 to determine 2. Married filing joint return or spouse had no income				

Another reminder—when you file your Maryland income tax return, please remember to put Friendship Heights under "City, Town or Taxing Area" to ensure the Village receives its share of the state income tax.

committee selected Alfred Muller, M.D., as its chairman. The next meeting will be **Wednesday, April 20, at 5:30 p.m.,** at the Village Center.

### **Council approves FY 2017 Village Budget**

At its March 14 meeting, the Council unanimously approved the Village Budget, **keeping the tax rate** at 4¢ per \$100 of assessed property value for the eleventh consecutive year, the lowest rate allowed under our charter. The budget is summarized below:

TOTAL REVENUES	\$2,210,313		
EXPENDITURES			
General Government	1,250,530		
Public Safety	104,400		
Public Works	586,300		
Health/Education/Social Services	12,000		
Recreation and Parks	241,000		
TOTAL OPERATING EXPEND.	\$2,194,230		
Surplus/(Deficit)	\$16,083		
TOTAL EXPENDITURES	\$2,210,313		

### **Shredding truck at Center on April 20**

Our shredding service returns for Village residents on **Wednesday, April 20, from 5 to 7 p.m.** 

Other Council actions at the March 14 meeting:

- Selected Clara Lovett as Council historian.
- Confirmed audit proposal for FY 2016.
- Appointed Stephanie Chak, Sean Moaadel, and Christina Stayeas to the Community Advisory Committee.
- Approved proposal from landscaper for restoring grass on Willoughby Park oval.

### Tea and Talk: The Bionic Chef

Cheryl Douglass, a retired teacher and Village resident, lost both hands and feet to amputation following a devastating blood infection. Come and hear her incredible story at the Village Center on **Wednesday**, **May 18**, **at 2 p.m.** You'll also learn some time-saving cooking techniques and shortcuts as she discusses her cookbook, *The Bionic Chef: Cooking With or Without Hands*.

Cheryl was shopping at nearby Bloomingdale's on her birthday in 2008 when she began to feel ill. She thought it was the flu, but within several days she was in the hospital, on machines and in a coma. Group A Streptococcal blood infection was the diagnosis. Doctors told her family to expect the worst. The antibiotics began to work and her condition stabilized, but not before limb tissue had died and the only way to save her life was amputation.



Over the next few months, she couldn't move or speak or swallow. She suffered more infections and illness including pneumonia. When she was moved to National Rehabilitation Hospital, she couldn't sit on the edge of her bed. After a few weeks of therapy, she was moving around the facility in a wheelchair. Her Friendship Heights Village neighbors now often see her walking briskly up and down our hills and putting more than the recommended 10,000 steps on her Fitbit.

Cooking was always Cheryl's passion and she worked to get back to the kitchen with the same determination she'd shown while learning to walk again. Along the way she learned some practical tips and created some delicious recipes she can share with everyone.

Copies of the cookbook will be available for sale. After the program, please stay for tea. Call 301-656-2797 to register.

# Get your red on and come out to a ballgame!

A few tickets remain for our trip to see the Nationals play the Atlanta Braves on **Thursday, April 14.** 

We will leave the Village Center at 2:45 p.m. The cost of the trip, which includes a covered seat in Section 135, transportation and driver gratuity, is \$68. Ignite your Natitude!



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Living. The Cottage at Curry Manor provides the comfort and familiarity of home with attentive care
and services needed to safely live life to the fullest, including daily, freshly prepared fine cuisine. This
grand home is an elegant senior residence in Bethesda, MD that can accommodate up to eight residents. Capital
City Nurses' President and Founder, Susan Rodgers, RN, and her team of certified caregivers bring over 40
years of knowledge and expertise in senior care to The Cottage at Curry Manor. Visit us today!

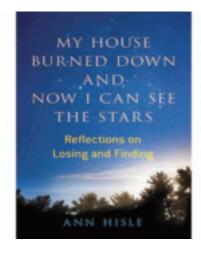
The Cottage at Curry Manor has been approved by the State and County as an Assisted Living Facility.

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EQUAL HOUSING OPPORTUNITY

### Life, loss and coming to terms with grief

Psychotherapist and bereavement counselor Ann Hisle will discuss her book, My House Burned Down and Now *I Can See the Stars:* Reflections on Losing and Finding, at the Village



### Center on Thursday, April 21, at 7:30 p.m.

The book contains stories, poems, and quotations that help people cope with loss. Ms. Hisle discusses how we can learn from our suffering, the value of sharing our experiences and how to move beyond heartbreak toward a balance of mental, physical, and spiritual needs.

Copies of the book will be available for purchase. All proceeds from books sales go to Oxfam, an international organization that works to find solutions to poverty. Please sign up by calling 301-656-2797.

### New class on reducing stress

Beginning this month, a course in Mindfulness Based Stress Reduction (MBSR) will be offered at the Center on Friday afternoons. MBSR is comprehensive training in stress reduction skills incorporating current breakthroughs in our understanding of stress and neurobiology with the ancient disciplines of mindfulness meditation and gentle yoga. A free two-hour orientation on Friday, April 15, at 1 p.m., offers a chance to experience some of the practices and an opportunity to ask questions. It is open to anyone interested in the program and is required for registration.

The 8-week program includes guided instruction in a variety of mindfulness meditation practices, gentle Yoga sessions, facilitated conversations to enhance ways to face stress effectively, exercises to integrate mindfulness practices into daily life, four practice CDs, printed course materials and an all-day retreat.

Instructor Anne Gosling, PhD is currently teaching MBSR to veterans at the Washington, D.C., VA Medical Center as well as Mindfulness and Meditation classes there, at Sibley Hospital and the Village Center. For more details, see Classes and Clubs on pages 10 and 11.

# **COMING SOON IN FRIENDSHIP HEIGHTS** ...LISTED BY SAM

**4620 NORTH PARK** Renovated 2BR Priced in the \$600s

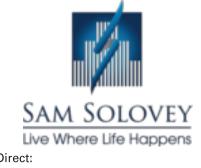
The WILLOUGHBY

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# **PLAYING on the BIG SCREEN**

All movies begin at 7 p.m.

### A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

Turn off cell phones
 Do not take food or drink into the auditorium
 Arrive on time for all events
 Unless it is an emergency, please stay until the conclusion of the program.

Thursday, April 7, 6:15 p.m.: Presentation on proposed changes to the Chevy Chase Center—see pg. 3 for more details. (stay after for the movie)

**Thursday, April 7, 7 p.m. — Movie**— *The Big Short* — In 2008, Wall Street guru Michael Burry realizes that a number of subprime home loans are in danger of defaulting. Burry bets against the housing market by throwing more than \$1 billion of his investors' money into credit default swaps. His actions attract the attention of banker Jared Vennett, hedge-fund specialist Mark Baum and other greedy



opportunists. Stars Christian Bale, Brad Pitt, Ryan Gosling

and Steve Carell. Rated R. Running Time: 130 minutes.

**Thursday, April 14, 7 p.m.** — **Movie** — *Trumbo* — In 1947, Dalton Trumbo was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. *Trumbo* recounts how Dalton used words and wit to win two Academy Awards and expose the absurdity and injustice of the blacklist. Stars Bryan Cranston. Rated R. Running Time: 124 minutes.

Thursday, April 21, 7:30 p.m. — Book Signing with Ann Hisle — see page 5 for details.

Thursday, April 28, 7:30 p.m. — Book Signing with Ambassador Herman Cohen — see page 1 for details.



# **ART and CULTURE**

### This month in the Friendship Gallery

The April art show features pieces painted by the residents of the Lisner-Louise-Dickson-Hurt Home who participate in the Resident Art Program.

The Home is located nearby on Western Ave. and provides health and life care services to low and modest income seniors of the District of Columbia. The Home's Resident Art Program was established in 2007 to promote creative engagement in later life by offering a full range of stimulating art activities. The program encourages non-artists to participate, allowing each to enjoy the positive effects of creativity in aging.

The exhibit runs from April 4 to 30. All are invited to meet some of

the artists at a reception on **Sunday, April 10, from 11:30** 

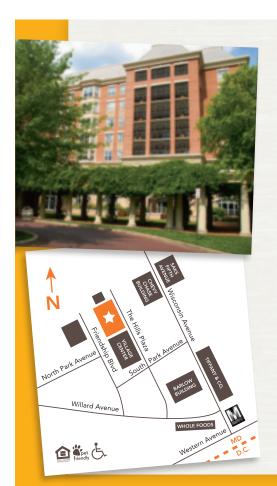
**a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally

not available for viewing because of activities in that room; check with the front desk when you arrive. Please note that all sales of art are final.





Artwork by resident artists of the Lisner-Louise-Dickson-Hurt Home



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- · Exceptional, relationship-based care
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- Peace of mind in knowing that we can meet your changing needs

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Call today to schedule a complimentary lunch and tour: **301-656-1900** 



# Friendship Heights Village Center



# Calendar of Events 2016

L  ${f R}$ **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY** 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi An artful way to spend summer days 10:30 a.m.: Coffee and 10 a.m.: Cardio Ballet Current Events 10:30 a.m.: Basic Photography Our annual children's summer art camp, run by curator Millie Shott, will take place **Monday, June** 10:30 a.m.: Balance, 11 a.m.: Children's Dance 27 through Friday, July 1, from 9:30 a.m. to 1 p.m. daily at the Friendship Heights Village Center. Movement and Memory 12:30 p.m.: Meditation Campers ages 6 through 12 complete a variety of fine arts projects during the week. Children must have 1 p.m.: Abstract Painting completed kindergarten to qualify. The cost is \$250 per child. Sign up at the Village Center. 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9:30 a.m. – 1:30 p.m.: Coffee 10 a.m.: Great Books 10:15 a.m.: Yiddish 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi and Sunday Papers 10:30 a.m.: Resistance 9:30 a.m.: Tai Ji 11 a.m.: Chair Exercise 9:30 a.m.: Tai Ji 10 a.m.- 3 p.m.: AARP 10 a.m.: Cardio Ballet **Safe Driving** Training 12 – 4 p.m.: Blood Pressure 11 a.m.: Still Life Painting 10:30 a.m.: Basic Photography 12 p.m.: Chess group 12:30 p.m.: Bridge Club 10:30 a.m.: Coffee and Screening 11 a.m.: Children's Dance 1 p.m.: All in the Eyes 11 a.m. – 4 p.m.: Village Current Events 1 p.m.: Strength Training 1 p.m.: Balance and Playtime 1p.m.: Suburban Lecture: 12:30 p.m.: Meditation 10:30 a.m.: Balance, Coordination "A Better Body at Any 6:15 p.m.: Scrabble Memory and Movement 2 – 4 p.m.: Suburban Nurse 2:30 p.m.: Acrylic or Oil 6:15 p.m.: Chevy Chase Painting Specialist 1 p.m.: Abstract Painting 7:30 p.m.: Concert: Land Co. Presentation Kokopelli 3 – 4 p.m.: Tea 6:45 p.m.: Acrylic or Oil 3:30 - 5:30 p.m.: Voting 7 p.m.: Movie: The Big Demo Drop-in Short 10 11 12 13 14 15 10 a.m.: Great Books 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club 9 a.m.: Yoga with Robin 10:15 a.m.: Yiddish 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 9:30 a.m. - 1:30 p.m.: Coffee 9:30 a.m.: Tai Ji 9:30 a.m.: Tai Ji 10:30 a.m.: Coffee and 10 a.m.: Cardio Ballet 10:30 a.m.: Resistance 11 a.m.: Chair Exercise and Sunday Papers 12 – 4 p.m.: Blood Pressure Screening 11 a.m.: Still Life Painting 10:30 a.m.: Basic Photography 12 p.m.: Chess group 11:30 a.m. - 1:30 p.m.: 10:30 a.m.: Balance, 12:30 p.m.: Bridge Club 11 a.m. - 4 p.m.: Village 11 a.m.: Children's Dance 6:30 - 8 p.m.: Community Day Celebration **Art Reception** 1 p.m.: Balance and Memory and Movement 1 p.m.: Strength Training Playtime 12:30 p.m.: Meditation Coordination with Tonya 1 p.m.: Abstract Painting 2:45 p.m.: Depart for 2 p.m.: Speech Therapy 2:30 p.m.: Acrylic or Oil Nats Stadium 1 p.m.: MBSR Orientation and Support Group Painting 6:15 p.m.: Scrabble 2 – 4 p.m.: Suburban Nurse 6:30 p.m.: Caregivers Specialist 6:45 p.m.: Acrylic or Oil Support Group 3 - 4 p.m.: Tea 7 p.m.: Movie: Trumbo 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL 7p.m.: Pilates **MEETING** 8:15 a.m.: Walking Club 10:15 a.m.: Yiddish 9 a.m.: Yoga with Robin 10 a.m.: Great Books 8:15 a.m.: Walking Club 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10:30 a.m.: Coffee and 10 a.m.: Cardio Ballet 9:30 a.m. - 1:30 p.m.: Coffee 10:30 a.m.: Resistance 9:30 a.m.: Tai Ji 11 a.m.: Chair Exercise and Sunday Papers Training 11 a.m.: Still Life Painting Current Events 11 a.m.: Village Book Club 11 a.m.: Children's Dance 12 p.m.: Chess group 11 a.m. – 4 p.m.: Village 10:30 a.m.: Balance, 12:30 p.m.: Bridge Club 12 – 4 p.m.: Blood Pressure 1 p.m.: All in the Eyes Memory and Movement Playtime 1 p.m.: Strength Training Screening 1 p.m.: John Eaton in with Tonya 12:30 p.m.: Vision 1 p.m.: Abstract Painting 1 p.m.: Balance and **Support Lunch and** 2:30 p.m.: Acrylic or Oil Coordination 5-7 p.m.: Shred-It Truck Painting 2 – 4 p.m.: Suburban Nurse 5:30 p.m.: Community 6:15 p.m.: Scrabble 7 p.m.: Cafe Muse Specialist **Advisory Committee** 6:45 p.m.: Acrylic or Oil 3 – 4 p.m.: Tea meeting 7:30 p.m.: Book Signing 7 p.m.: Pilates 7:30 p.m.:Concert: Guity with Ann Hisle Adjoodani 27 9 a.m.: Yoga with Robin 10 a.m. - 2 p.m.: MVA **Primary Election Day** 10:15 a.m.: Yiddish 9:15 a.m.: Drop-in Tai Chi 8:15 a.m.: Walking Club 8:15 a.m.: Walking Club **Mobile Office** 9:30 a.m. – 1:30 p.m.: Coffee Polls Open 7 a.m. - 8 11 a.m.: Chair Exercise 9:30 a.m.: Tai Ji 10:30 a.m.: Coffee and 10 a.m.: Cardio Ballet 10 a.m.: Great Books and Sunday Papers Current Events p.m. 12 p.m.: Chess group 10:30 a.m.: Basic Photography 11 a.m.: Still Life Painting 10:30 a.m.: Balance, 10:30 a.m.: Resistance No nurses or tea today 1 p.m.: All in the Eyes 11 a.m.: Children's Dance 11 a.m. - 4 p.m.: Village Memory and Movement Training Shuttle bus on Playtime 7:30 p.m.: Concert: Friday 12:30 p.m.: Meditation 12:30 p.m.: Bridge Club 1 p.m.: Abstract Painting regular weekday **Morning Music Club** 6:15 p.m.: Scrabble 1 p.m.: Strength Training schedule 6:45 p.m.: Acrylic or Oil with Tonya 8:15 a.m.: Walking Club 7:30 p.m.: Amb. Herman 2:30 p.m.: Acrylic or Oil J. Cohen: "The African Painting Economic Miracle"

### **Shuttle bus hours**



Monday through Friday Saturday and Sunday

6:40 a.m. to 9:40 p.m. 8 a.m. to 7 p.m.

### **Village Center Hours**

Monday through Thursday 9 a.m. to 9 p.m. Friday 9 a.m. to 5 p.m. Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

# Shredding truck back by popular demand

Shred-it will be back on **Wednesday, April 20.** The truck will park on Friendship Blvd. next to the Village Center from **5 to 7 p.m.** Residents are invited to bring paper materials for shredding. This service is available for Village residents only.



### A refresher course for drivers

The AARP Driver Safety Program will be led by instructor Jerry Hulman on **Friday, April 8, from 10 a.m. to 3 p.m.**, at the Village Center. It costs \$15 for AARP members (you must bring your membership card when you register and also to the class) and \$20 for nonmembers. Checks should be made out to AARP.

# CLASSES and CLUBS

PLEASE SIGN UP <u>AT LEAST</u> 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

### **ART, MUSIC AND GAMES**

# ACRYLIC OR OIL PAINTING (Day)

A 10-week course for all skill levels, taught by Doris Haskel, April 11 - June 20. Mondays from 2:30 to 4:30 p.m. \$60 for residents; \$80 for nonresidents. Class will not meet May 30.

# ACRYLIC OR OIL PAINTING (Evening)

An 8-week course for all skill levels, taught by Doris Haskel, May 5 - June 23. Thursdays from 6:45 to 8:45 p.m. \$48 for residents; \$64 for nonresidents.

### **ALL IN THE EYES**

A 6-week class, taught by Marianne Winter, April 20 - May 25. Ms. Winter, is an award-winning artist, photographer and book illustrator. Beginning with the eyes, the class is coached to develop their skills by looking into the soul of their model. Ms. Winter spends quality time with each student to encourage them to look at things differently and challenge them with interesting exercises. This class will hone the skills of those who want to draw faces. Please bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. Wednesdays from 1 to 3 p.m. \$75 for residents; \$80 for nonresidents.

# BASIC PHOTOGRAPHY FOR ADULTS

A 10-week course in black and white and color photography, taught by Llewellyn Berry. April 9 - June 25. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$150. The class is open to new students as well as those from previous sessions. Students will

become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction is in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. Class will not meet April 23 and May 28.

# INTRO TO AMERICAN MAH JONGG

This 6-week class will introduce players to the basics of Mah Jongg. Mondays from 1 to 3 p.m., May 2 - June 13. The instructor, Robin Dinerman, will provide games and cards. Call Robin at 301-942-0546 with questions. \$93 for residents; \$98 for nonresidents (cost includes \$9 for materials). Minimum number of students is 6; maximum is 9. Class will not meet May 30.

### **MUSIC APPRECIATION** NEW!

Previously scheduled in February, this class, titled "Mozart and Beethoven" is taught by classical pianist Smriti Hakkarinen. The 2-week class will be held May 10 and 17; Tuesdays, from 6 to 7 p.m. Explores the development of piano music during the Classical period (1750 – 1820) and focuses on the piano music of Wolfgang Amadeus Mozart, and Ludwig van Beethoven's cycle of 32 piano sonatas (the "New Testament" of music). Lectures will be supplemented by guided listening and discussion. No previous background required. \$40 for residents; \$45 for nonresidents.

### **EXERCISE AND FITNESS**

### **BALANCE, MOVEMENT & MEMORY**

A 6-week class, April 15 - May 20. Meets Fridays, from 10:30 to 11:30 a.m. Learn exercises designed to target balance issues as well as physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. \$65 for residents; \$70 for nonresidents.

### **BALANCE AND COORDINATION**

A 6-week class, April 5 - May 17. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. \$65 for residents; \$70 for nonresidents. Class will not meet April 26, Election Day. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

### **CARDIO BALLET**

A ballet/modern dance workout for adults taught by certified fitness instructor Richelle Dickerson. A 6-week class, April 2 - May 7. Meets Saturdays, from 10 to 11 a.m. Easy on the joints and will define legs, glutes and core. Students must bring a yoga mat to each class. \$65 for residents; \$70 for nonresidents. Questions? Call Richelle at 240-401-6806

### **CHAIR EXERCISE**

A 6-week class, April 6 - May 11. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$65 for residents; \$70 for nonresidents.

### **CHILDREN'S DANCE**

A 6-week class for children ages 6 to 12, taught by Richelle Dickerson, April 2 - May 7. Meets Saturdays from 11 a.m. to 12 p.m. The class consists of 30 minutes of ballet and 30 minutes of hip-hop or jazz. Children should wear ballet shoes, tights and leotards. The cost is \$40.

### **MAT PILATES**

A 6-week session, April 12 to May 24. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from "the inside out" bringing about corestrength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both Physical Mind Institute and Powerhouse Pilates. \$85 for residents and \$90 for nonresidents. Please bring a Pilates/ yoga mat and bath towel. Class will not meet April 26, Election Day.

### **MEDITATION & MINDFULNESS**

A 6-week class, led by Anne Gosling, April 2 - May 14. Meets Saturdays from 12:30 to 1:30 p.m. The cost is \$70. Practicing meditation can lead to more calm and clarity and help you meet the challenges of stress or illness. Anne Gosling, Ph. D., has been trained in Mindfulness Based Stress Reduction (MBSR) through the Center for Mindfulness at the UMass Medical Center. Will not meet April 23.

# MINDFULNESS BASED STRESS REDUCTION (MBSR) NEW!

This 8-week course led by Anne Gosling begins with a free (and required) 2-hour orientation on Friday, April 15. Meets Fridays from 1 to 3:30 p.m., April 29 to June 24. Cost is \$500 and includes guided instruction in a variety of mindfulness meditation practices, gentle Yoga sessions, exercises to integrate mindfulness practices into daily life, four practice CDs, printed course materials and an all-day retreat on June 11. To read more about research on the benefits of mindfulness training click on "research" at www.umassmed. edu/cfm. A minimum of 6 students is required. Will not meet May 20.

## STRENGTH TRAINING WITH TONYA

A 6-week class, April 18 – June 13. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. \$65 for residents; \$70 for nonresidents. Will not meet May 9, 23 and 30.

### **SKY VALLEY TAI JI (Thursday)**

A 6-week class for all levels, taught by Taj Johnson, April 14 - May 19. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. \$60 for residents; \$70 for nonresidents.

### **SKY VALLEY TAI JI (Tuesday)**

A 6-week class for all levels, April 12 - May 24. Meets Tuesdays from 9:30 to 10:30 a.m. \$60 for residents; \$70 for nonresidents. Class will not meet April 26, Election Day.

### YOGA WITH ROBIN

A 10-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman. April 10 - June 19. Meets Sundays, 9 to 10:20 a.m. Includes semi-strenuous postures, stretches, and coordinated breathing, and a quiet period for relaxation and meditation. Wear loose clothes, bring a blanket or large towel and mat (can be purchased at class). Don't eat for 2 hours before class. \$135 for residents; \$145 for nonresidents. Class will not meet May 29.

### ONGOING GROUPS

### BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

### **CAREGIVERS SUPPORT GROUP**

A monthly meeting of family caregivers who are caring for parents, partners or children with serious illness or dementia. Facilitated by Judith Bernstein, a clinical social worker and

certified advanced social work case manager. Meets one Monday evening a month; check the calendar for date. The group is for caregivers only. A partnership of Brighton Gardens of Friendship Heights and the Village of Friendship Heights. See page 13.

### **CHESS**

A informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

### **COFFEE AND CURRENT EVENTS**

This long-running discussion group meets Fridays from 10:30 a.m. to noon.

### **DROP-IN TAI CHI**

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

### **GREAT BOOKS DISCUSSION**

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Meets Mondays from 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

### HEALTH INSURANCE COUNSEL-ING

Free assistance offered by the University of Maryland Extension's Senior Health Insurance Assistance Program. Call 301-590-2819 and leave your name, phone number and a brief message. Your call will be returned in two days.

### **SPEECH SUPPORT**

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

### TEA

Hot beverages, cookies and fruit are served Tuesdays from 3 to 4 p.m.

### continued on page 16

# CONCERTS

### Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

**Wednesday, April 6** — *Kokopelli* — Kokopelli recorder ensemble features six musicians playing recorders of all sizes, from sopranino recorder to the contra bass. They will perform medieval, renaissance and contemporary music. Joining them will be Gruppo Piccolo, vocal group from Cedar Lane UU church, a recorder trio and recorder/lute duo.

Wednesday, April 13 — Community Day Celebration

**Wednesday, April 20** — Guity Adjoodani — Pianist Guity Adjoodani performs 32 *Variations in C Minor, WoO 80* by Ludwig van Beethoven; *Sonata in F Minor, Op. 57 "Appassianata"* by Ludwig van Beethoven, *Ballade #1 in G Minor, Op.23* by Frederic Chopin, and *Rhapsody in Blue* by George Gershwin.

**Wednesday, April 27** — *Friday Morning Music Club* — The program includes Brahms: *Sonata in F Minor* 

for viola and piano, op. 120, no. 1. Hyejin Kim, viola; piano to be determined.Brahms: *Two songs, op. 91*. Susan Sevier, contralto; Caroline Brethauer, viola; Ruth Locker, piano. Francis Poulenc: *Sonata for clarinet and piano, FP 184* (1962). Albert Hunt, clarinet; Steven Schwarz, piano.

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### Our Listings in the Friendship Heights Community



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**5600 Wisconsin Ave. #106** \$1,795,000: 2 BR + Den, 2.5 BA, Expansive Terrace; 2,278 SqFt

**5610 Wisconsin Ave. #1106** \$2,100,000: 2 BR + Den, 2.5 BA, 2 Balconies; 2,776 SqFt

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# TO YOUR HEALTH

# A better body at any age

Staying fit and eating right are basic to good health. Jeanmarie Gallagher, exercise physiologist from Suburban Hospital's Cardiac Rehabilitation Dept., will share strategies for older adults to become and stay active, no matter their physical limitations at this month's Suburban lecture at the Village Center on **Wednesday**, **April 6**, at 1 p.m.

There is no cost for the talk, but please call 301-656-2797 to let us know if you plan to attend.

### Vision Support Group: News you can use!

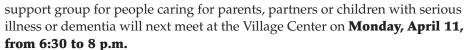
Join us at this month's Vision Support Lunch and Learn at the Village Center on Thursday, April 21, from **12:30 to 1:30 p.m.**, and hear an enlightening presentation by experts from The Smithsonian American Art Museum on the museum's "America In-Sight," a docent-led multi sensory art tour for visitors with sight loss. Guides present highlights of the art collection through rich verbal description and sensory discussions using printed copies of artwork and 3-D models you can touch and hold close. A musical performance usually follows the tour for a full and fully accessible art experience.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington (www.youreyes.com.)

You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.

### Caregivers Support Group: Connecting with others can help

Do you feel overwhelmed with caring for a loved one? It can help to share your thoughts and suggestions with others who are in a similar situation. The monthly



If you are a family caregiver- either at home or from a distance- you know the stress and exhaustion it can cause. The meetings are led by Judith Bernstein, of GPS Senior Care Partners, a clinical social worker and certified advanced social work case manager.

Let us know if you would like to attend by calling 301-656-2797. The group is a partnership of Brighton Gardens of Friendship Heights, a Sunrise Senior Living Community, and the Village of Friendship Heights. Please note: the group is for caregivers only.

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### An afternoon of Jazz, Blues and Broadway

Enjoy a concert at the Village Center on Wednesday, April **20, at 1 p.m.,** when the inimitable John Eaton celebrates the music of George Gershwin, Duke Ellington, Cole Porter, Harold Arlen and other greats.

Renowned piano player, vocalist, musicologist, and humorist, John Eaton is Washington D.C. pianist extraordinaire. Mr. Eaton has been performing professionally for more than 30 years from jazz clubs to a command performance in the East Room of the White House and is considered one of the foremost interpreters of American music.

For many years he has also taught a very popular series of classes titled "American Songwriters" at the Smithsonian, Wolf Trap and the Village Center.

After the concert please stay to enjoy refreshments and chat with Mr. Eaton. Please call 301-656-2797 to RSVP.

The Village Book Club will meet this month on Tuesday, April 19, at 11 a.m. The book selection is Cutting for Stone by Abraham Verghese (previously the March selection). Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."



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### Cafe Muse presents...

This month's Café Muse, on **Monday, April 18**, will feature poets Emilia Phillips and Elisavietta Ritchie.

Emilia Phillips is the author of two poetry collections, Groundspeed and Signaletics, and three chapbooks, including *Beneath the Ice Fish Like Souls Look Alike*. Her poems and lyric essays appear in Agni, Harvard Review, The Kenyon Review, New England Review, Ninth Letter, Ploughshares, Poetry, West Branch, Wired, and elsewhere. She has received the 2015 Nonfiction Prize from StoryQuarterly and the 2012 Poetry Prize from The Journal and fellowships from Bread Loaf Writers' Conference, Kenyon Review Writers' Workshop, U.S. Poets in Mexico, and Vermont Studio Center. She is Assistant Professor of Creative Writing at Centenary College and the 32 Poems interviews editor.

Elisavietta Ritchie is the author of *Guy Wires* and *In*Haste I Write You This Note, winner of the 1999 Washington
Writers' Publishing House fiction award. Recent collections
also include Tiger Upstairs on Connecticut Avenue; Feathers,
Or, Love on the Wing; Cormorant Beyond the Compost;
Awaiting Permission to Land; and The Arc of the Storm, Elegy
for the Other Woman. She won the Washington Writers'
Publishing House prize for Raking the Snow. Tightening
The Circle Over Eel Country won the Great Lakes Colleges
Association's "New Writer's Award." She is a former

president of Washington Writers' Publishing House.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For details, visit www.wordworksdc.com.

Coming up on May 16: Donald Berger and Barrett Warner.

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### Classes and Clubs, continued from page 11

### VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members welcome at any time.

### **VILLAGE PLAY TIME**

Toys and play equipment are set out in the auditorium most Thursdays, 11 a.m. to 4 p.m. Children must be accompanied by a caregiver over age 13.

### **VISION SUPPORT LUNCH AND LEARN**

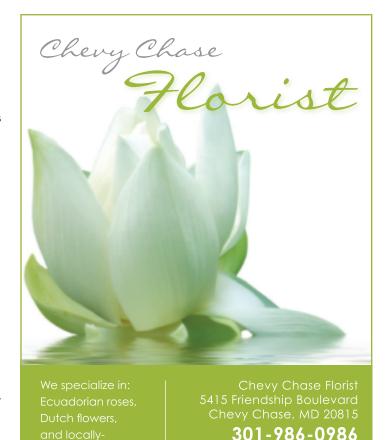
Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights sponsor a lunch and talk with a speaker one Thursday a month at 12:30 p.m. Call Janet Morrison at 301-538-9358 for details.

### **WALKING CLUB**

Leaves the Center Tuesday, Thursday and Saturday at 8:15 a.m. for a walk Call Helen Davis at 301-718-6340 for details.

### **YIDDISH**

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for details.





Friendship Heights Village Center 4433 South Park Avenue Chevy Chase, Maryland 20815



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**April 2016 events calendar**